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## **Physical Profiles of Female Academy Netball Players by Position**

**Brief Running Head:** Female Netball Position Characteristics

Research conducted at the University of Salford

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**ABSTRACT**

The purpose of this study was to evaluate the height, body mass and physical characteristics of female academy netball players by position (centers, defenders and shooters). Data were collected on 43 regional academy players during the preseason period and comprised of height and body mass, and physical characteristics (single-leg hop [SLH], squat jump [SJ], countermovement jump [CMJ], 5- and 10-m sprint, 505 and cardiorespiratory fitness). Defenders and shooters demonstrated significantly ( $p < 0.05$ ;  $d \geq 1.1$ ) greater body mass compared to centers. Defenders demonstrated significantly ( $p < 0.05$ ;  $d = 1.6$ ) greater height compared to centers, however no significant differences were noted between centers and shooters ( $p = 0.19$ ;  $d = 0.7$ ) and defenders and shooters ( $p = 0.70$ ;  $d = 0.5$ ). Centers performed better during the SLH left leg ( $p = 0.01$ ;  $d = 1.0$ ), SJ ( $p = 0.03$ ;  $d = 1.1$ ), CMJ ( $p = 0.01$ ;  $d = 1.4$ ), 5 m ( $p = 0.04$ ;  $d \geq -0.9$ ) and 10 m sprint ( $p = 0.01$ ;  $d = -1.2$ ), 505 left ( $p \leq 0.03$ ;  $d \geq 1.0$ ), 505 right ( $p \leq 0.03$ ;  $d = 1.3$ ), and cardiorespiratory fitness ( $p = 0.01$ ;  $d \geq 1.2$ ), compared to other positions. No other significant differences were observed. These findings demonstrate that height, body mass and physical characteristics differ between positions in female netball players, and provide normative data for English academy netball players. Strength and conditioning coaches should consider the specific demands on individual positions when training female netball players.

**KEYWORDS:** fitness testing; netball; youth athletes; sprint; countermovement jump

**INTRODUCTION**

Success in netball is highly dependent on physical fitness characteristics including strength, power, speed, and agility (35). To perform consistently throughout the 60-minute game, and recover effectively between bouts of high-intensity exercise, netball players must also display a high level of aerobic fitness. This has been highlighted in previous work (4, 34), with heart rates reported between 75-85% of the maximum heart rate during match play. Furthermore, match-play analysis reveals center-court players

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(center [C], wing attack [WA], wing defense [WD]) cover more distance (8) and accumulate greater player loads (6, 11, 44), compared to defenders (goal keeper [GK], goal defense [GD]) and shooters (goal attack [GA], goal shooter [GS]). These differences are likely due to the differing roles of the positions combined with positional restrictions during play relating to which areas of the court individual players can play in.

Netball players must successfully complete multiple high-intensity short-duration sprints, cutting and pivot maneuvers, and up to 60 jump landings per game (12, 15), all requiring high levels of concentric and eccentric force production (27). The literature provides normative data for sprinting speed (35, 37, 39), change of direction speed (CODS) (1, 37, 39), vertical jump (24, 35, 37, 39), maximum strength (35, 37), and a range of other factors including anthropometric and aerobic capacity measurements (35, 39). However, very little is known about the physical profiles (height and body mass, and physical characteristics) across netball playing positions. Physical profiling of netball players by position would assist coaches and practitioners to prescribe appropriate training programmes in line with the position-specific demands shown to exist during training and competition.

In academy athletes, mean sprint times for 5- and 10 m range from 1.10 and 1.88 s, respectively, for English academy netball players (37, 39), to 1.25 and 2.07 s, respectively, for Australian academy netball players (35). Average vertical jump performances demonstrate great variation, ranging from 0.34 to 0.41 m for squat jump (SJ) and 0.35 to 0.46 m for countermovement jump (CMJ) height (35, 39). Recently, Thomas et al. (37) reported isometric mid-thigh pull strength ( $30.70 \pm 5.26 \text{ N} \cdot \text{kg}^{-1}$ ) in academy netball players. The authors reported that stronger athletes also demonstrated significantly faster 5 m (stronger:  $1.08 \pm 0.06 \text{ s}$ ; weaker:  $1.15 \pm 0.05 \text{ s}$ ), 10 m (stronger:  $1.91 \pm 0.06 \text{ s}$ ; weaker:  $1.99 \pm 0.06 \text{ s}$ ) sprint times than weaker athletes. Furthermore, stronger athletes demonstrated significantly faster 505 L (stronger:  $2.44 \pm 0.08 \text{ s}$ ; weaker:  $2.55 \pm 0.11 \text{ s}$ ) and 505 R (stronger:  $2.41 \pm 0.08 \text{ s}$ ; weaker:  $2.54 \pm 0.07 \text{ s}$ ) CODS times than weaker athletes. Moreover, stronger athletes produced significantly greater jump heights in the SJ (stronger:  $0.41 \pm 0.06 \text{ m}$ ; weaker:  $0.36 \pm 0.04 \text{ m}$ ) and the CMJ (stronger:  $0.42 \pm 0.05 \text{ m}$ ; weaker:  $0.37 \pm 0.04 \text{ m}$ ). These findings highlight the importance of maximum strength in female netball athletes. This result may be explained by the fact that peak ground reaction forces and impulse are strong determinants of sprint, CODS, and vertical jump performances (20, 36, 40-42). **Furthermore, greater**

levels of maximum strength may improve an athlete's ability to hold static and dynamic positions, such as jumping and landing (27), sprinting (23) and CODS (31, 32), providing a greater acceleration, acceptance of higher eccentric forces, thus preparing athletes for the movement demands and injury risks associated with the sport.

Most of the existing literature focuses on the physical demands of netball match-play (4, 6, 8, 11-15, 44) and physical characteristics (24, 37, 39). There are currently no normative data available in the published literature regarding position-specific physical characteristics in female netball players. The aim of this study was to determine differences in height and body mass, and physical characteristics between positions (centers, defenders and shooters) of female netball players using a netball-specific testing battery. It was hypothesized that there would be clear differences in height and body mass, and the physical characteristics of the different position groups. Specifically, centers would demonstrate superior hop, SJ, CMJ, sprint, CODS, and cardiorespiratory fitness performances than both defenders and shooters. It was further hypothesized that both defenders and shooters would exhibit greater height and body mass values, compared to centers.

## METHODS

### Experimental Approach to the Problem

A cross-sectional observational design of a regional female netball academy in the United Kingdom was conducted using field tests specific to the sport. Athletes were assessed on height and body mass, and a range of physical characteristics (single-leg hop [SLH], SJ, CMJ, 5- and 10 m sprint, 505 CODS and 30-15 intermittent fitness test [30-15<sub>IFT</sub>]). Players were defined into positions by the academy coaching staff, thus allowing comparisons between female academy netball players per their position. The positions were classified as: centers ( $n = 15$ ; C, WA, WD), defenders ( $n = 15$ ; GK, GD) and shooters ( $n = 13$ ; GA, GS).

### Subjects

Female academy netball players ( $n = 43$ ; age =  $15.51 \pm 1.49$  years; height =  $1.74 \pm 0.06$  m; body mass =  $66.56 \pm 8.15$  kg) participated in this study. A power analysis determined that with 43 subjects, the study is

adequately powered for a between factors analysis with multiple groups, to detect differences with an alpha of 0.05 and 80% power (G\*Power version 3.1.9.2. Universität Kiel, Germany) (10). All players were fully informed of the requirements of the investigation and provided appropriate consent to participate, with consent from the parent or guardian of all players under the age of 18. The investigation was also approved by the institutional review board.

### Procedures

Testing was conducted in the preseason (October 2015), at the end of a 4-week general preparation mesocycle. All athletes rested the day before testing and were asked to attend testing in a fed and hydrated state, similar to their normal practices before training. All participants were familiar with the tests performed in this study as part of their normal training and monitoring regime. On arrival, all participants had their height (Stadiometer; Seca, Birmingham, United Kingdom) and body mass assessed (Seca Digital Scales, Model 707) while in bare feet, measured to the nearest 0.1 kg and 0.1 cm, respectively. Testing order was as follows: SLH, SJ, CMJ, sprint, CODS and 30-15<sub>IFT</sub>. Before the start of testing, athletes were instructed to perform a standardized warm-up, as directed by the investigator (39). Furthermore, standardized progressive warm-ups were applied before all tests to control potential variables and improve the reliability of all tests. All testing was performed indoors on a hardwood netball court.

### Hop Testing

A 6-m long, 15-cm-wide line was marked on the floor, along the middle of which was a standard tape measure, perpendicular to the starting line. The SLH test began with participants placing the toes of both feet on the back of the start line, before balancing on the leg to be tested. Participants had to “stick” the landing for the trial to be counted. If the subject did not do this, the trial was disregarded and another was attempted. In accordance with previous research (28), participants performed 3 warm-up trials on each leg. Participants performed a simultaneous arm swing and crouch, then hopped as far forward as possible, taking off from one leg, before landing on the same leg. Three maximal trials were recorded on each leg, with one minute of rest between trials. Intraclass correlation coefficient (ICC) and coefficient of

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variation (CV) for hops were as follows: SLH left leg (ICC = 0.89; CV = 3%) and SLH right leg (ICC = 0.91; CV = 3%). The best performance of each leg was used for further analysis.

**Vertical Jump Testing**

Vertical jump height data were collected using a portable jump mat (Just Jump; Probiotics, Huntsville, AL, USA), as previously described by Thomas et al. (37). Vertical jump tests began with the SJ condition. On stepping onto the jump mat, athletes were instructed to get in the “ready position,” which consisted of the subject having their hands-on hips and assuming a self-selected squat depth. Once in position, a countdown of “3, 2, 1 Jump” was given. A three second hold of the bottom position was used to eliminate the involvement of the stretch-shorten cycle. If players failed to adhere to the strict protocol and either performed a countermovement or moved their hands off their hips, the trial was repeated after an additional one-minute rest. For the CMJ, athletes were instructed to perform a rapid eccentric phase, immediately followed by a rapid concentric phase with the intention to jump as high as possible. Countermovement jumps were performed with the hand on the hips, and countermovement depth of the eccentric phase was self-selected by the athletes to maximize CMJ height. For both SJ and CMJ, athletes performed three trials, with one minute of rest between trials. Alternate jump height was calculated from flight time ( $1/8 [g \times t^2]$ ) (where  $g$  = the acceleration due to gravity and  $t$  = air time), and subsequently corrected per the formula by McMahon et al. (26). The ICC and CV for vertical jump performances were as follows: SJ (ICC = 0.94; CV = 3%) and CMJ (ICC = 0.92; CV = 2%). The best performance from each of the three trials was used for further analysis.

**Sprint Testing**

The 10 m sprint test was administered as a test of acceleration and sprint ability. All athletes performed three trials, with two minutes rest between trials, using “Brower photocell timing Gates” (model number BRO001; Brower, Draper, UT, USA) setup at 0-, 5-, and 10 m. Timing gates were placed at the approximate hip height for all athletes as previously recommended (43), to ensure that only one body part, such as the lower torso, breaks the beam. Athletes started 0.5 m behind the first gate, to prevent



any early triggering of the initial start gate, from a two-point staggered start. The ICC and CV for sprint performances were as follows: 5 m (ICC = 0.60; CV = 4%) and 10 m (ICC = 0.75; CV = 2%). The best performance of the three trials was used for further analysis.

### **Change of Direction Speed Testing**

Change of direction speed was assessed utilising a 505 test. Athletes started 0.5 m behind the photocell gates, to prevent any early triggering of the initial start gate, from a two-point staggered start. Timing gates were again placed at the approximate hip height for all athletes. Athletes were instructed to sprint to a line marked 15 m from the start line, placing either left or right foot on the line, depending on the trial, turn 180° and sprint back 5 m through the finish (16). If the subject changed direction before hitting the turning line, or turned off the incorrect foot, the trial was disregarded and the subject completed another trial after the rest period. All athletes performed three trials, with a two-minute rest between trials. The ICC and CV for 505 performances were as follows: left leg (ICC = 0.60; CV = 2%) and right leg (ICC = 0.69; CV = 2%). The best performance from each of the three trials was used for further analysis.

### **30-15 Intermittent Fitness Test**

The 30-15<sub>IFT</sub> was performed to assess cardiorespiratory fitness as previously described (17). Players were instructed to complete as many 'stages' as possible, and the test ended when a player could no longer maintain the imposed running speed or when they were unable to reach a 3-m zone around each line at the moment of the audio signal on three consecutive occasions. If players were unable to complete the stage, then their score was recorded as the stage that they last completed successfully, and the running velocity recorded as their maximal intermittent running velocity ( $V_{IFT}$ ).

## **STATISTICAL ANALYSES**

**Data are presented as either mean  $\pm$  SD or mean with 90% confidence intervals (90% CI) where specified.** Normality of data was assessed by Shapiro–Wilk statistic, and homogeneity of variance was verified with Levene's test. A series of one-way analysis of variance were conducted to analyse differences in physical characteristics between positions. Where significant differences were found,

Bonferroni post hoc analyses were completed to detect differences between positions. The magnitude of differences between position groups was also expressed as standardized mean difference [Cohen'  $d$ , effect sizes, (ES)] (5), and based on the scale by Hopkins (19). All statistical analyses were completed using SPSS (version 23, IBM, New York, NY, USA). An *a priori* alpha level of  $p \leq 0.05$  was used as the criterion for statistical significance.

## RESULTS

The mean  $\pm$   $SD$  values for height and body mass, SLH, SJ, CMJ, sprint, CODS, and cardiorespiratory fitness of female academy netball players by position can be found in Table 1. The table presents overall effects and ES between positions.

**\*\* INSERT TABLE 1 AROUND HERE \*\***

There were no significant differences ( $p > 0.05$ ;  $d = -0.1$  to  $0.3$ ) in age between the groups (Table 1). One-way analysis of variance revealed differences in height, post-hoc analysis that defenders were significantly taller ( $p = 0.01$ ;  $d = 1.6$ ) compared to centers. Trivial-to-moderate, yet non-significant differences were found between the heights of centers and shooters ( $p = 0.19$ ;  $d = -0.7$ ) and defenders and shooters ( $p = 0.70$ ;  $d = 0.5$ ). Body mass was significantly different with defenders significantly heavier than shooters ( $p = 0.02$ ;  $d = 1.1$ ) and shooters heavier than centers ( $p = 0.03$ ;  $d = 1.1$ ), whereas small non-significant differences were found between defenders and shooters ( $p = 0.78$ ;  $d = 0.4$ ).

With regards to SLH L performances, centers scored significantly higher compared to shooters ( $p = 0.01$ ;  $d = 1.0$ ), whereas small, yet non-significant differences were found between centers and defenders ( $p = 0.26$ ;  $d = 0.9$ ) and defenders and shooters ( $p = 0.35$ ;  $d = 0.5$ ). No significant differences ( $p > 0.05$ ) were identified for SLH R performances with small-to-moderate effects identified between positions ( $d = 0.2$  to  $0.7$ ).

Significant moderate differences were found for SJ height, with centers jumping higher than defenders ( $p = 0.03$ ;  $d = 1.1$ ), whereas small-to-moderate, yet non-significant differences were found between both the centers and shooters ( $p = 0.06$ ;  $d = 0.8$ ) and defenders and shooters ( $p = 0.99$ ;  $d = -0.2$ ).

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Countermovement jump height was significantly greater for the centers compared to defenders ( $p = 0.01$ ;  $d = 1.4$ ), whereas trivial and moderate non-significant differences were observed between the defenders and shooters ( $p = 0.44$ ;  $d = -0.2$ ) and centers and shooters ( $p = 0.12$ ;  $d = 0.8$ ).

Five metre sprint performances were significantly faster in the centers than the shooters ( $p = 0.04$ ;  $d = -1.0$ ) and defenders than the shooters ( $p = 0.04$ ;  $d = -0.9$ ), whereas trivial and non-significant differences were found between centers and defenders ( $p = 0.96$ ;  $d = 0.1$ ). Ten metre sprint performances were significantly faster in the centers than the shooters ( $p = 0.01$ ;  $d = -1.2$ ), whereas small and moderate non-significant differences were identified between defenders and shooters ( $p = 0.91$ ;  $d = -0.4$ ) and centers and defenders ( $p = 0.14$ ;  $d = -0.7$ ).

Centers were significantly faster, during the 505 L compared to both the defenders ( $p = 0.03$ ;  $d = -1.0$ ) and shooters ( $p = 0.01$ ;  $d = -1.2$ ), whereas trivial non-significant differences were found between defenders and shooters ( $p = 0.99$ ;  $d = -0.2$ ). Similarly, centers demonstrated significantly faster 505 R performances than both the defenders ( $p = 0.01$ ;  $d = -1.3$ ) and shooters ( $p = 0.03$ ;  $d = -1.3$ ), whereas small non-significant differences were found between defenders and shooters ( $p = 0.83$ ;  $d = 0.2$ ).

Maximal intermittent running velocity was significantly greater in the centers to that of both the defenders ( $p = 0.01$ ;  $d = 1.4$ ) and shooters ( $d = 1.2$ ), whereas trivial non-significant differences were observed between the defenders and shooters ( $p = 0.83$ ;  $d = 0.1$ ).

## DISCUSSION

The aim of this study was to evaluate the height and body mass, and physical characteristics between position groups in female academy netball players, using a complete field testing battery specific to the sport. The results of this study indicate that differences in height and body mass, and physical characteristics (SLH, SJ, CMJ, sprint, CODS, and cardiorespiratory fitness) exist between position groups in female academy netball players. **The current findings add to a growing body of literature on the physical characteristics of female netball players, and will serve as a basis for future studies, with the findings used to establish normative values for monitoring and assessment of academy level netball players.**

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The results of the current study indicate height was greater in defenders compared to centers. This supports the hypothesis and consistent with previous findings (33) whereby differences were identified between positions for height in male soccer players. Differences in height are likely explained by the positional demands of the sport. Netball squads are relatively heterogeneous in physical stature, whereby tallness is routinely accepted as selection criteria for defenders and shooters in netball. Surprisingly, there was no difference in height when comparing centers to shooters. This finding may partly be explained by 1) **while tallness may be seen to be a desirable characteristic, it may not be essential for success in netball for shooters compared to defenders**, or 2) **players in the current study were pre-elite youth athletes ( $15.51 \pm 1.49$  years old)** and may have been at different stages away from their peak height velocity (21). Further studies, which take natural development (maturation) into account, will need to be undertaken. Defenders and shooters were significantly heavier than center players, while there were no significant differences in body mass between defenders and shooters. These findings are similar to those previously reported (33), whereby goalkeepers demonstrated heavier body mass compared to outfield players in elite male soccer players.

In this study, center players demonstrated superior SLH L performances compared to shooters. These findings may be explained by the fact that center players perform a greater percentage of hop landings during matches, therefore center players may be better prepared to performing hop techniques due to their playing position and individual fitness characteristics (15). However, in the current study, no differences were observed between position groups for SLH R. **While it is difficult to explain this result, positional and/or training related factors may, in part, play a more significant role than first thought.** For example, athletes may have a more “preferred” side when hopping, which may differ within- and between-positions, thus masking any differences in SLH R performances between positions. Indeed, Hewit et al. (18) found that between-limb asymmetries are task and variable dependent, and magnified when data is analysed at an individual level.

The current study found that center players demonstrated significantly greater SJ and CMJ heights compared to defenders, yet non-significant differences were found between both the centers and

shooters and defenders and shooters. However, it is argued that non-significant results do not necessarily imply the nonexistence of a worthwhile differences in vertical jump performances. From our findings, there is evidently a trend of increased SJ and CMJ height between centers and shooters ( $d = 0.8$ ). **The players in the current study appeared to have similar SJ (0.37-0.41 m) and CMJ (0.37-0.42 m) heights when compared to other female netball players (37, 39).** The findings of this study may partly be explained by the fact that centers are found to perform more jumps and perform more frequent multi-directional movements during play (13, 14), requiring high levels of force production, like the SJ and CMJ. Furthermore, centers were found to have significantly lighter body mass' than defenders, thus having less inertia to overcome. Given acceleration is inversely proportional to its mass, centers may have applied a greater concentric impulse, causing greater acceleration which could have attributed to greater jump heights (25); however, these variables were not assessed in this study. A further study with more focus on the force-time characteristics during vertical jumping in female netball players is therefore suggested.

Professional netball players have been reported to execute a change in activity pattern on average every 6 seconds (8, 13). However, positional and court restrictions prevent players from achieving a maximal velocity. Therefore, the ability to change velocity to evade a defender, or when reacting to an attacker, plays an important role in netball performance (13, 14). The results from this study showed that centers demonstrated significantly faster 5- and 10 m sprint performances when compared to shooters. Additionally, defenders produced significantly faster 5 m sprint performances compared to the shooters. **These findings are similar to those by Lockie et al. (22) whereby midfielders demonstrated fastest 5 m sprint times compared to other positions in female soccer players. The data from this study reveal subjects from this cohort were faster over 5- and 10-m when compared to Australian academy netball players (35), and similar to English academy players (37, 39). It can thus be suggested that players of the present study could be classified pre-elite youth players, as far as their short sprint performance is considered.**

The findings of this study reveal centers demonstrated faster 505 CODS performances compared to both defenders and shooters for both left and right legs. This result may be explained by the fact that centers perform a greater number of sprints and multi-directional movements during play (8), **therefore the 505**

test may be related to the movements frequently performed by center court players compared to other positions. Additionally, it is unknown whether these differences would still exist if a different CODS test was utilised within this study (modified 505, t-test). There are, however, other possible explanations. The centers ability to decelerate a lower body mass more effectively may provide the explanation for superior CODS performances; however, their ability to decelerate was not assessed. Recent work by Dos'Santos et al. (9) suggests faster CODS performances to be strongly associated with shorter ground contact times, greater horizontal propulsive forces, and greater horizontal braking forces. Because there was no difference in 10 m sprint times between centers and defenders, sprint ability cannot account for the differences in CODS performance in these positions. Conversely, because there was a difference in 10 m sprint times between centers and shooters, differences in CODS performances may be attributed to sprint ability (29). Lastly, given center players have the least number of court restrictions, perform more frequent multidirectional movements, and change activity every 2.8 seconds, it is likely differences in CODS performances are determined by both playing position and an individual's fitness. When considering the overall data, these results are similar to those obtained in academy netball players (37, 39) and faster when compared to club netball players (1). The ability to change velocity or direction to evade a defender or when reacting to an attacker plays an important role in netball performance, and thus should be developed accordingly across all playing positions.

Maximal intermittent running velocity was found to be significantly higher in centers than both defenders and shooters, yet non-significant differences were found between defenders and shooters. Based on the ES, the differences that existed were sizeable. The  $V_{IFT}$  scores in current study are similar to those reported in male and female handball (3), male and female soccer (7, 38) and rugby league (30), illustrating that high levels of cardiorespiratory fitness are required for academy netball competition, despite the positional restrictions placed upon players. Furthermore, the  $V_{IFT}$  attained by players in the current study would be similar to values reported in sub-elite netball players (2). The findings of the current study confirm the conclusions of previous studies (4, 6, 8, 11, 44), that center players require high levels of cardiorespiratory fitness as they cover greater distances, spend higher proportions of match time being active, perform more sprints, and change direction more frequently than defenders and

shooters. These findings may help us to understand the importance of cardiorespiratory fitness for center court netball players. Further research should be undertaken to investigate the influence of common netball training-related activities on the cardiorespiratory fitness of female netball players.

Some limitations exist in the current study. This study did not examine the influence of physical maturation on physical capabilities in netball players. Research has shown that physical capabilities develop in a nonlinear fashion as a result of growth and maturation, which may have affected the findings in the current study. Secondly, sprint and CODS tests were performed on a hardwood netball court, making direct comparisons to tests performed in laboratories difficult. However, this surface is common to netball training and competition, thus ensuring sprint and CODS tests were performed in an ecologically valid manner.

#### PRACTICAL APPLICATIONS

The findings of this study indicate that centers exhibit different physical characteristics compared to defenders and shooters. **Specifically, center court players demonstrated superior performances in vertical jump, sprint acceleration, CODS and cardiorespiratory fitness when compared to other playing positions.** These differences could be attributed to both playing position and an individual's fitness. **Such information regarding the physical characteristics of academy pre-elite youth netball players may be used by coaches and practitioners to individualize training programs to meet the sport-specific playing position requirements. Indeed, center court players may need to complete more position-specific training to ensure they meeting the demands of the playing position.** Further research should identify the importance of maximum strength in female netball players so that more specific training recommendations can be provided with regards to this capacity.

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**Table 1.** Age, height, body mass and physical characteristics of academy netball players by playing position.\*

	Centres ( <i>n</i> = 15)			Defenders ( <i>n</i> = 15)			Shooters ( <i>n</i> = 13)			Centres vs. Defenders Cohen's <i>d</i>	Centres vs. Shooters Cohen's <i>d</i>	Defenders vs. Shooters Cohen's <i>d</i>
<b>Age (years)</b>	15.73	±	1.44	15.53	±	1.64	15.23	±	1.42	-0.1 (-0.5 to 0.7)	0.3 (-0.3 to 1.0)	0.2 (-0.4 to 0.8)
<b>Height (m)</b>	1.70	±	0.04	1.77	±	0.05†	1.74	±	0.07	-1.6 (-2.2 to -0.9)	-0.7 (-1.3 to -0.1)	0.5 (-0.1 to 1.1)
<b>Body Mass (kg)</b>	61.80	±	4.63	70.60	±	10.45†	67.38	±	5.50†	1.1 (-1.7 to -0.5)	1.1 (-1.7 to -0.4)	0.4 (-0.3 to 1.0)
<b>SLH L (m)</b>	1.85	±	0.14	1.75	±	0.09	1.66	±	0.22†	0.9 (0.2 to 1.5)	1.0 (0.4 to 1.7)	0.5 (-0.1 to 1.2)
<b>SLH R (m)</b>	1.83	±	0.15	1.74	±	0.13	1.71	±	0.19	0.6 (0.1 to 1.2)	0.7 (0.1 to 1.3)	0.2 (-0.4 to 0.8)
<b>SJ (m)</b>	0.41	±	0.05	0.36	±	0.04†	0.37	±	0.05	1.1 (0.5 to 1.8)	0.8 (0.1 to 1.4)	-0.2 (-0.8 to 0.4)
<b>CMJ (m)</b>	0.42	±	0.04	0.37	±	0.03†	0.38	±	0.06	1.4 (0.8 to 2.1)	0.8 (0.1 to 1.4)	-0.2 (-0.8 to 0.4)
<b>5 m (s)</b>	1.12	±	0.06	1.11	±	0.09	1.18	±	0.05†‡	0.1 (-0.5 to 0.7)	-1.0 (-1.7 to -0.4)	-0.9 (-1.6 to -0.3)
<b>10 m (s)</b>	1.92	±	0.06	1.97	±	0.08	2.00	±	0.07†	-0.7 (-1.3 to -0.1)	-1.2 (-1.9 to -0.5)	-0.4 (-1.0 to 0.2)
<b>505 L (s)</b>	2.44	±	0.11	2.54	±	0.10†	2.56	±	0.09†	-1.0 (-1.6 to -0.3)	-1.2 (-1.8 to -0.5)	-0.2 (-0.8 to 0.4)
<b>505 R (s)</b>	2.41	±	0.06	2.52	±	0.10†	2.50	±	0.07†	-1.3 (-2.0 to -0.7)	-1.3 (-2.0 to -0.7)	0.2 (-0.4 to 0.8)
<b>30-15<sub>IFT</sub> (km·h<sup>-1</sup>)</b>	18.50	±	1.31	16.87	±	0.97†	16.88	±	1.23†	1.4 (0.7 to 2.1)	1.2 (0.6 to 1.9)	0.1 (-0.6 to 0.6)

\*Data are presented as mean ± *SD* and Cohen's *d* effect size (90% confidence intervals).

L = left leg; R = right leg; SLH = single-leg hop; SJ = squat jump; CMJ = countermovement jump; 30-15<sub>IFT</sub> = 30-15 intermittent fitness test.

†Significantly different from centres ( $p \leq 0.05$ ).

‡Significantly different from defenders ( $p \leq 0.05$ ).